

8 Weeks to 5k Training Program			
	by Personal Running Trainer.com		
	Day 1	Day 2	Day 3
Week 1	Run 1 minute, walk 2 minutes - repeat x10	Run 1 minute, walk 2 minutes - repeat x10	Run 1 minute, walk 2 minutes - repeat x10
Week 2	Run 2 minutes, walk 1 minute - repeat x10	Run 3 minutes, walk 1 minute - repeat x7, finish with 2 min. run	Run 4 minutes, walk 1 minute - repeat x6
Week 3	Run 5 minutes, walk 1 minute - repeat x5	Run 5 minutes, walk 1 minute - repeat x5	Run 6 minutes, walk 1 minute - repeat x4, finish with 2 min. run
Week 4	Run 8 minutes, walk 1 minute - repeat x3	Run 9 minutes, walk 1 minute - repeat x3	Run 10 minutes, walk 1 minute - repeat x2, finish with 8 min. run
Week 5	Run 12 minutes, walk 1 minute - repeat x2, finish with 4 min. run	Run 13 minutes, walk 1 minute - repeat x2, finish with 2 min. run.	Run 14 minutes, walk 1 minute, repeat x2
Week 6	Run 16 minutes, walk 1 minute, run 13 minutes	Run 17 minutes, walk 1 minute, run 12 minutes	Run 18 minutes, walk 1 minute, run 11 minutes
Week 7	Run 20 minutes, walk 1 minute, run 9 minutes	Run 22 minutes, walk 1 minute, run 7 minutes	Run 24 minutes, walk 1 minute, run 5 minutes

	8 Weeks to 5k Training Program		
Week 8	Run 26 minutes, walk 1 minute, run 3 minutes	Run 28 minutes, walk 1 minute, run 1 minute	Run 30 minutes